BENGALURU, SATURDAY, JANUARY 29, 2022 www.Bangaloremirror.com 16 Pages PRICE ₹4

Bangalore Mirror ON SATURDAY

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Controversy brews after claims emerge that Turf Club threw all covid norms out of the window during Derby

Gala Derby party puts BTC in a fix

CM declares if probe reveals violations, strict action will be taken

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TWEETS @BangaloreMIRROR

Spectators during the Kingfisher Ultra Derby 2022 horse race at Bangalore Turf Club, Wednesday

The Bangalore Turf Club (BTC) has a knack of getting into trouble. And the premier racing centre is in a big fix, yet again. The club conducted the Kingfisher Ultra Derby in style on Republic Day and that has upset most senior ministers in the cabinet including the chief minister Basavaraj Bommai, who declared that following a investigation report strong action will be taken on the club, if the racing centre has violated the government Covid norms and restrictions.

KPCC president DK Shivakumar said that BTC had violated all norms and allowed more than 5,000 punters on Derby day. And that no monitoring of masks and social distancing was in place. Shivakumar questioned the government on the double standards, providing BTC permission to host a gala Derby event with more than 5,000 people, while the government put restrictions on all other activities including the many small melas in the villages.

A senior government official also pointed out that when the government has made a rule that no more than 200 persons cannot assemble in any hall, be it a 4,000 capacity wedding hall or a sports centre, how did they provide permission to this big event, at a time when the Omicron surge is hitting the peak in the state.

Hitting out at the government for not booking the offenders, who violated all covid protocols, Shivakumar said the government had stopped and filed FIR on Congress leaders for participating in the recent Padayatra and no action is taken on the BTC, who defied all the government norms.

The KPCC president also told media the government has a definite role in the running of the race club and that principal secretary, finance and the Police Commissioner are the ex-officio directors on the board. "So my questions is simple. How did this happen and who allowed it?" thundered Shivakumar. The government cannot be having different norms for different people, he added.

Many regular race goers too have earlier complained to the decision makers in the corridors of power that all is not well and the Covid norms are brazenly being flouted by the punters at the inter-venue betting and the Bengaluru races, but the complaints have simply been overlooked.

A couple of activists revealed that the government nominees too are looking at the questionable happenings at the club with a jaundiced eye and that has provided the mandarins of the club, the confidence to play according to their own rules.

> **"Not more than 2,500 people were allowed at a course with a seating capacity of 4,800**
> – BN Shivaprakasha, BTC

Ripples in Mysuru

Meanwhile, following the issue raised by Shivakumar and Bommai's promise to take action, the Mysuru Police Commissioner, Dr. Chandragupta asked the Mysore Race Club (MRC) to conduct off-course betting on Chennai Derby races on Friday with only 200 punters, but the MRC chairman YB Ganesh wisely decided to close all betting operations. "We have decided not to conduct off-course betting for races at Hyderabad and Mumbai on Saturday and Sunday too," said Ganesh adding that they have been penalised for no fault of theirs.

BTC's response

Surprised by the charges, BTC in response disclosed that the club had followed all protocols. "All the people were checked by a BBMP squad of nurses and their vaccinations certificates too were verified before they were allowed entry and the charge that 5,000 people gained entry is false and not more than 2,500 people were allowed at a course with a seating capacity of 4,800 apart from the vast lawns which can easily accommodate 15,000 spectators," said BN Shivaprakasha, administrative in-charge of the club.

Doctor invests ₹5 lakh, loses it to fraud firm

Pragna L Krupa
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TWEETS @BangaloreMirror

A 45-year-old doctor was promised high returns for his investments, only to later lose almost Rs 5 lakh. He has filed a complaint with the Malleswaram police against the fraud company and three persons who were running it for cheating.

Somashekar, a resident of Malleswaram, has filed a complaint against the accused, Rakesh, Roy and Kishore, who used to run a company named Trade Access and Ace Market. He told the police that in February 2020, Kishore called him on his phone and convinced him to invest money in the company.

"He introduced Roy as the company's CEO and Rakesh as technical head and Kishore as marketing officer. He told me that their office is in Jayanagar and at many other places. He asked me to invest in the Jayanagar branch and he convinced me to give high returns of 7 - 8% every month," he said. The doctor believed him and on February 21, 2020, transferred Rs. 1 lakh to the company's account via cheque. "Later Rakesh asked him to download the company's app, Meta Trader 5 on my phone. On April 22, 2020, I visited their office in Jayanagar and transferred Rs. 2 lakh through NEFT. On April 27, I transferred Rs. 2 lakh to the same bank account. They promised high returns and shut the company without even returning the amount that was invested and went absconding," he stated.

A senior police officer at Malleshwaram police station said that many had lost money in the company. "We are transferring the case to Jayanagar police station for further probe," he said. The investigating officer at Jayanagar police station said the accused had cheated several people across the city and four to five cases were registered in New Delhi as well. "In our station, we had registered six cases against them last year and we have even arrested the three accused. We have also filed a chargesheet against them and the case is going on in the court. People who are now learning about the scam are coming forward to file a complaint. Under the DCP South, Harish Pandey, we carried out an investigation and seized Rs. 3 crore from their bank account," he said.

Auto-driver zips off with 15 fire extinguishers

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TWEETS @Bellie_Mirror

A 40-year-old businessman has filed a theft complaint with the Basavanagudi police after an auto-rickshaw driver made away with 15 fire extinguishers worth about Rs 68,000. The theft was planned and meticulously executed, he told the city police who have registered a case and are on the lookout for the auto-rickshaw driver identified by them as one Bore Gowda and the fire extinguishers.

Businessman Prithvi JP, a resident of Sovereign Park Apartments, runs a workshop where he recharges old fire extinguishers.

Being a ground floor resident of the apartment complex, he had offered to recharge all the 15 fire-extinguishers that were installed at the apartment complex. Prithvi had called an auto-rickshaw driver who had offered to ferry the fire-extinguishers to his work-shop near Vidyapeeta Circle and Kamakya.

When the fire extinguishers were packed into the auto-rickshaw, Prithvi did not have a place to sit in the auto. He told the auto-driver that he would take his two-wheeler and head before him so that he could follow him to his workshop. While Prithvi rode his two-wheeler, the auto promptly followed him for a distance. However, after a few kilometres from the apartment when Prithivi looked back, there was no sign of the auto. He then went in search of the auto and there was no trace of the vehicle. Prithvi then called up the auto-driver, and he would pick up the phone, but he would say, he knows nothing about any fire-extinguishers. "I am just a service personnel recharging the fire-extinguishers and since I was responsible for the movement of the fire extinguishers from the apartment to the workshop and it went missing, I had filed a theft complaint with the Basavanagudi police," Prithvi told Bangalore Mirror.

A police source said that it's not an easy task for the auto-rickshaw driver to dispose of the fire extinguishers. He will have to initially find buyers for it or else it would just go to scrap iron and he could get only the money worth the iron's weight. The police are investigating further.

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After three years, 32 roads under Smart City are almost done though underground cabling and covid-19 impacted works

REVOLUTIONARY ROAD

All roads to be done by March end

Iffath.Fathima
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TWEETS @BangaloreMIRROR

There could be some relief to citizens as the road works taken up by the Bengaluru Smart City Limited (BSCL) will be completed by the end of March, ensuring smoother and safer rides in Bengaluru.

Of late, many of the roads have been in a terribly pitiable state in the city while some are nevertheless in a perpetual state of repair, leaving commuters in a fix. In fact, the high court just rapped the BBMP about its report on potholes of Benagluru roads the other day, terming it 'a sham'.

The BSCL, meanwhile, has a total of 32 roads under development in the city. In December 2019, there were 20 road works undertaken under phase A, after which in 2020 phase B was added, which included 12 additional roads. After three years, the road works are finally completed, we are told.

Phase A of the project includes core area roads in the Central Business District (CBD) where the traffic is high along a span of 17.63 km.

The 20 roads that come under phase A are Magrath Road, Castle Street, Wood Street, Convent Road, Hayes Road, Tata Lane, Raja Ram Mohan Roy Road, Lavelle Road,

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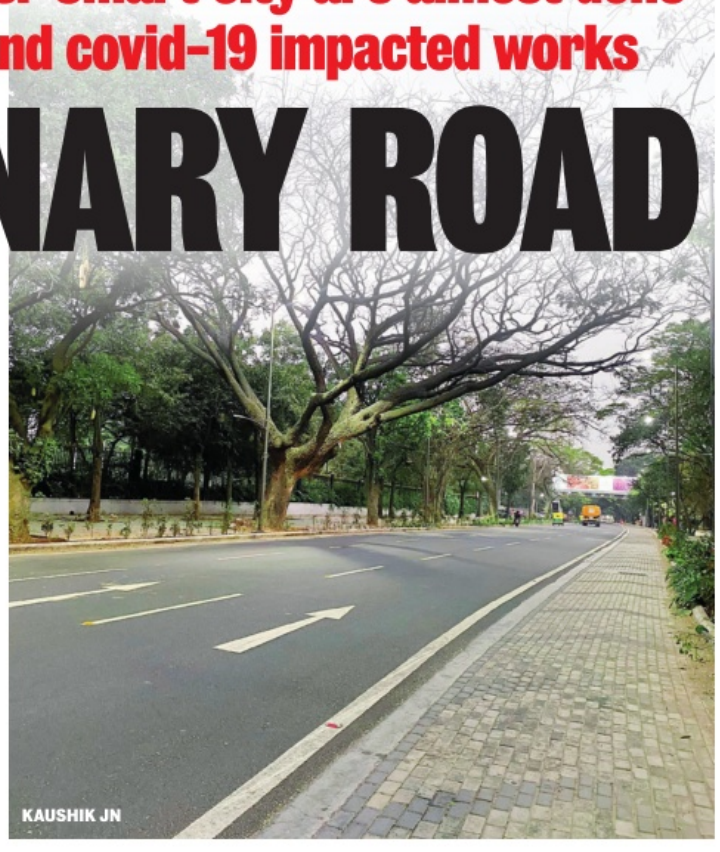

KAUSHIK JN

CITY / PAGE 4

DOG DAYS

On gated communities chasing away stray canines

CITY / PAGE 6

SHOCKER!

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Fly light: Only one hand baggage allowed, now

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TWEETS @BangaloreMIRROR

The new rule has invited mixed reactions from flyers

The Central Industrial Security Force's (CISF) plan to limit air travellers to just one hand baggage has drawn mixed reactions from flyers.

Commercial pilot Sunil Patil says: "It will be very difficult to carry just one bag because we will have many more items to be taken; one bag isn't adequate enough."

Shiva Kumar, a frequent flyer said, "I usually travel for work and return the same day and hence carry two bags in my hand baggage. I don't want to load the luggage via check-in as I have to wait at the conveyor belt. The circular also doesn't provide adequate information regarding laptop bags and this is confusing."

However, some welcomed the move. "This is right because people with laptops are forced to check in and that will in turn result in long queues and congestion," said another flyer. Damini HC, a 26-year-old who goes on vacations regularly, was unhappy with the rule. "As I am pregnant, I have to take care of my younger child and kids need a lot of necessary items that has to be carried. I have to carry water bottles, sanitisers, diapers, and many more items for my child. With this one bag rule it'll be very problematic for women, especially the conceiving ones."

Travel operator Rajiv Mehrotra said, "It's right because we Indians always have the habit of carrying multiple bags. For Indian travellers, it helps because they keep their luggage in the cabin and this will help free up space in the overhead cabin."

CISF says

Domestic air passengers should be allowed to carry only one baggage in the cabin of the aircraft subject to certain exemptions, the Central Industrial Security Force (CISF) has told the civil aviation security agency BCAS.

Citing issues of congestion at security checkpoints at airports due to passengers carrying 2-3 hand baggage, the CISF has asked the Bureau of Civil Aviation Security (BCAS) to ensure that the one bag rule is enforced by all stakeholders and airlines. The rule provides for certain exemptions, including lady's bags.

"All airlines and airport operators may be instructed to take steps to implement one handbag rule." The CISF also said all airlines should depute staff to guide passengers. Also, all airlines must be directed suitably to inform passengers and display "one handbag rule" on their tickets/ boarding passes conspicuously, it stated.

For airports, the CISF wants the operators to place hoardings/ banners and standees, displaying the content of the one handbag rule near the check-in counters and vantage points at the airports, according to the circular.

(with inputs from agencies)

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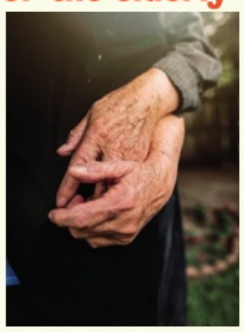
4 THINGS TO DO

01 Caring for the elderly



Do you have ageing parents and you worry about their well-being? Have questions and not sure whom to ask? If you have senior family members, then this session is for you! With age, comes a new set of physiological & psychological challenges. With the right knowledge, you can learn how to prevent & detect them. Join Silver Talkies in conversation with Dr Arvind Kasthuri, Chief of Medical Services St. John's Medical College Hospital and get insights into caring for your ageing parents.
Where: Online; When: Jan 29, 4.30 pm
Register: bit.ly/AMA_AgeingandChanges

02 Stories for the soul

Take a breather from the hustle and bustle around you, and delve into some soul-stirring stories. There is a story being written every moment around us and often goes unattended. The moments that could inspire us and bring us closer to ourselves. Come and listen to some original stories by Deevas Gupta inspired by some real-life moments and characters. And what better than all of this supported by some original poetry as well?
Where: Ranga Shankara J P Nagar
When: Jan 29, 5.30 pm – 6.30 pm
Entry: Free, 080 2649 3982

03 Dance x Love

Attakkalari India Biennial presents Carmen by The Agudo Dance Company. Carmen by the Agudo Dance Company is a dramatic adaptation of Prosper Merimée's classic novella of the same name written in 1845. A love story essentially, Carmen unravels the complex exchange between conformity and freedom. Set to an original Flamenco-infused theme by Bernhard Schimpelsberger and additional track by Kefaya, Carmen is a story ultimately about individuality, freedom, love, pleasure and the belief that this journey of twists and turns we call life is always valuable.
Where: Online; When: Jan 29, 7 pm
Details and registration: attakkalaribiennial.org

04 Watch a play

Catch Janashatru, a Kannada adaptation of Henrik Ibsen's An Enemy of the People. The play focuses on the plight and the determination of one individual. It also attempts to underscore the importance of being an individual in times of majoritarian democracy. B V Shrunga, Keerthi Bhanu, Ganesh Shenoy, Raag Urs, will be performing on stage. **Where: Ranga Shankara, JP Nagar 2nd Phase; When: Feb 4, 7:30 pm**
Tickets: Rs 150, bookmyshow.com

Cops launch manhunt for seven juveniles

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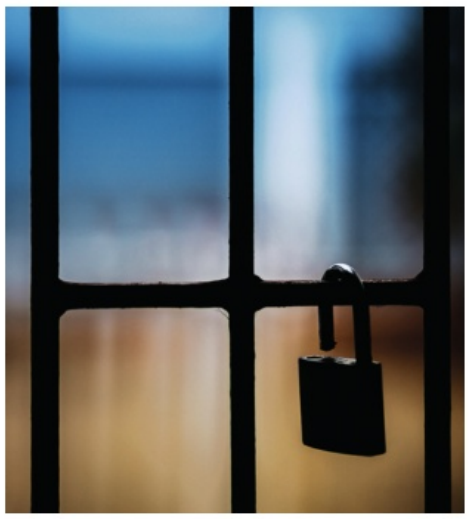
TWEETS @Bellie_Mirror



The incident took place after 7 pm when the boys were let out for a stroll in the premises

Around seven juveniles managed to escape from the government observation home in Devanahalli after they hit a home guard on his head and stole the gate's keys.

Based on a complaint from Prathap G, a 33-year-old home guard, the Devanahalli police have registered a case booking all the seven juveniles under IPC Sections 323 and 324 for criminal assault using dangerous weapons, and under 353 -- assault or criminal force to deter a public servant from discharge of his duty.

"They cannot go far as they don't have a single penny," a source said.

According to Prathap, he was on the second shift -- 2 pm to 10 pm -- that day. "Around 7 pm, the boys were given dinner. There was a total of 17 juveniles at the observation home. All of them -- mostly aged around 17 and 16 -- were involved in murder, attempt to murder, Protection of Children from Sexual Offences Act (POCSO) cases and also robberies," sources said.

On Tuesday, when the boys were out for a stroll inside the premises, one of them armed himself with an iron weight. The 17-year-old prime accused hit Prathap on his head using the iron weight causing him to lose consciousness. They then searched for the gate keys from his pockets and opened the gate and seven juveniles -- all them associates -- managed to escape.

A few other inmates came to the help of Prathap and he was taken to a hospital where he received four stitches. Among the escaped ones, two are from Tumakuru, one from JP Nagar, one from Jigani and one from Vishwanathapura, while others were from different parts of the city, the police said.

The teenagers assaulted the home guard with an iron weight, stole the gate keys from his pocket, and escaped

The cops have launched a manhunt for these juveniles. The cops have also activated their intelligence and informers' network.

"Soon after the incident, it was recommended that they would deploy two home guards per shift from the start of February this year. The total number of inmates at present at the remand home is 11 juvenile offenders," a source said.

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What dog days look like

In a video shared with BM, it was seen that the field staff of an apartment in Konanakunte were chasing dogs away with stones

Iffath Fathima @timesgroup.com
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In a survey conducted three years ago, in which 1,500 pet owners across India had participated, Bengaluru emerged as the most dog-friendly city. While the city has the famous dog park in Cubbon Park and sees the organisation of various adoption drives, it is also home to horrifying incidents where many are against these animals, "especially the stray dogs".

Many try to chase streeties away or beat them up, stating that the dogs are causing problems in the locality. There have also been many cases where dogs have been beaten up to death.

In a recent incident, at an apartment complex in Konanakunte, the management of the apartment's association sent a letter to the residents stating that their security team is ensuring that streeties are chased away from the society. The letter urged residents to report streeties they spot to the security team, who will chase the dogs out. Many animal lovers are against this move.

"One cannot chase dogs out. According to Prevention of Cruelty to Animals (PCA) as well as the Street Dog Management Act 2001, relocation or culling of community dogs within complexes, whether commercial or residential, is banned. The residents welfare association (RWA) has the right to vaccinate or neuter dogs, but cannot relocate them," said Aniruddha Ravindra, member of Bengaluru's Society for Prevention of Cruelty to Animals (SPCA). He also works as the animal welfare officer at Charlie's Animal Rescue Centre.

At times, streeties have been beaten to death in the city

Bangalore Mirror
CASES DROP BY 30%
UNDER THE WEATHER
As stray dogs were forced shut inside a drain with no openings, animal activists demand redesign of sewers
UNDERDOGS
Seven puppies and mother trapped inside
Flash sit in

BM's report on January 28

In a video shared with BM, it was seen that the field staff of the apartment were seen chasing the dogs away, armed with stones.

A petition was initiated about three years ago by the CJ Memorial Trust Bangalore to put a stop to the illegal relocation and harassment of community dogs.

The petition stated, "We demand that IFMA (Indian Facility Management Association) and others like CREDAI, RERA, G4S and other security agencies that control administration and management of large companies and residential buildings must ensure member companies and facility managers are educated about the illegality of this and are made aware of their responsibility and culpability and suitable action against erring companies should be taken. Private organisations or associations like the IFMA and CREDAI, which handle so many of the large corporate or residential facilities across the city must be made cognizant of their role and penalties in perpetrating illegal activities by freely relocating the dogs."

"The organisations need to take up the initiative to send out letters or messages to residential complexes or corporate firms to not indulge in any cruelty towards dogs. One can vaccinate and neuter them and let them stay and they would cause no harm. The petition was started three years ago, however no action has been taken so far. But we can't keep letting this continue. BBMP and other private organisations must come forward and take a step," said an animal activist.

> **"The relocation or culling of community dogs within complexes, whether commercial or residential, is illegal**
> –Aniruddha Ravindra, member, SPCA

The petition also demanded that the animal welfare board of India (AWBI) for the laws for relocation be tightened and it be made a non-bailable offence with a Rs 5,000 fine and community service made compulsory for transgressors.

Meanwhile, Ravindra, visited the Konanakunte police station to file a police complaint against the management of the apartment complex. "The police are investigating and even visited the apartment and spoke to many residents. They are finding out where the mail came from and will take action on the same." An FIR has been filed with the police.

Smart City roads nearly done

CONTINUED FROM PAGE 1

Brigade Road, Ulsoor Road, Dickenson Road, Kasturba Road, Queens Road, Central Street, Infantry Road, Bowring Hospital Road, Raj Bhavan Road, Commercial Street, Millers Road and Kamaraj Road. In phase A, the works at Miller's Road are still under progress and Kamaraj Road is nearing completion.

Phase B of the project includes 10.94 km of 12 roads — six roads have been completed. The road works include Jumma Masjid Road, Chandni Chowk Road, Planetarium Road, Palace Road and St Johns Road.

Avenue Road, KHP Road and St Johns Church Road works are in progress. Rhenius Street, Millers Road Extension and Cantonment Road are nearing completion.

Vinayak Sugur, Chief Engineer, BSCL said: "In another 10-15 days of time, the work at Rhenius Street would be completed. Millers Road is getting delayed and will take a month to complete. We are expecting Avenue Road to be completed by March second week. All the roads should be done by March end."

Under the Smart City project, Tender Sure roads are laid. Tender Sure roads include pedestrian friendly footpaths, utility ducts on either side of the road and cycle lanes wherever feasible. Once made, these roads will be smooth and shall provide an easy commute. However, the civic body will have to follow up on maintaining these roads.

BSCL had drawn flak from citizens for not finishing the work on time. To this, Sugur said that the main challenge was laying the underground cables or ducts: "Shifting of utilities takes a long time, like underground cabling or ducts. This apart, covid-19 impacted the project, where there was labour shortage and the pace of the works slowed down. However now, we are carrying out work during the night, to speed up the work as there is less vehicle movement. This helped in finishing work fast in many of the places."

Smart City had recently initiated a zero tolerance traffic zone at Chalukya Circle along with BTP. Similarly, at Vasanth Nagar, near Mount Carmel College, the road has markings with arrow signs for the further directions and painted lines to ensure lane discipline.

Many of the residents who have been traveling through stretches such as Indian Express Circle, Raj Bhavan Road and Queens Road have given a thumbs up to the Smart City roads project.

"Queens Road now looks wide and provides a safe commute without any potholes. It took a long time for this stretch to be completed, creating problems for daily commute with debris strewn all over and people trying to avoid it, leading to traffic jams. Now, the road is all clear," said graphic designer Amrin Bareed, who is a resident of Vasanth nagar.

> **"Shifting of utilities takes a long time; like underground cabling or ducts. Covid-19 impacted project, with a labour shortage...**
> – Vinayak Sugur, chief engineer, BSCL

A resident from an apartment complex along Palace Road said: "The Chalukya Circle Road is all done and is a safe ride for citizens. The Vasanth Nagar route was all dug and it was creating a problem for us to commute as the road was blocked for the works. Now, it is finally done. While it is done, we should also see to it that there is no wear and tear and other pending road works are completed at the earliest," said Simran T.

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Fix this
Nagarabhavi

These underground cables poking out of the earth, here, may get damaged as vehicles run over them.

Fill in the blanks
RR Nagar

The authorities concerned must replace the slabs they are using to cover the drain near the petrolpump as many of them are broken and some are missing.

Rough patch
Malleswaram

The 5th Cross is a narrow road and the authorities concerned have fixed the road in a shoddy manner.

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Hesaraghatta Road is turning out to be a preferred pick for affordable properties. A property developer told Bangalore Mirror, "Though many people want to buy property so that they can construct an individual house, the high cost of land forces them to abandon their plans. However, things are quite different on Hesaraghatta Road.

For example, there are so many properties where the starting prices of properties start from as economical as Rs 5 lakh. There are multiple plots available for Rs 10 lakh as well. This means that all those who want to buy property to construct a house or want to buy a property for future or those who want to buy property to wait for some time and then sell it for higher price, Hesaraghatta Road offers a lot of opportunities."

Another property developer added, "There are a number of industries coming up in Bengaluru North and people are planning to invest in and around Hesaraghatta."

For a long Hesaraghatta Road has been a dream destination for many property buyers as many wanted to buy their dream plots and settle down in areas in and around this road.

Now, with many properties coming up around Hesaraghatta Road, buyers are planning to have their dream houses at this location. "Properties around Hesaraghatta Road are not just known for affordablity but they also offer excellent basic amenities including good road connectivity, water and electricity connection. Hesaraghatta Road is well connected with Nelamangala, Yelahanka, Bengaluru city as well as Doddaballapur. So, accessibility becomes one more factor that adds to the area's appeal.

"Even the airport is closer from Hesaraghatta as a proposed road via Rajanakunte will be an easier option to reach the airport as well," added another property developer.

And the sylvan surroundings are another big plus point.

Every weekend people travel to many places in and around Hesaraghatta for its greenery. So for those who buy property here, the views will be outstanding.

There are a number of industries coming up in Bengaluru North and people are planning to invest in and around Hesaraghatta

"This is the reason why people want to move out of central business district areas. Many places in the CBD area don't offer a scope for expansion but Hesaraghatta Road is a place that offers everything," added a property developer.

Hesaraghatta Road also has good infrastructure projects. Currently, the Metro train is plying till Hesaraghatta cross. There are number of BMTC buses. The proposed peripheral ring road will also cut across Hesaraghatta road and once it is constructed then it will offer and easy access to go around the City.

The sub-urban trains are planned to come up near Chikkabanavara which will give an added advantage for people buying property here so that they can easily travel to and from here.

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A shocking farewell

Yediyurappa's granddaughter found dead; suicide angle being probed

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After autopsy was conducted at Bowring Hospital, the body of Dr Soundarya V Y was taken back to her residence in Vasanth Nagar

Former Chief Minister B S Yediyurappa's granddaughter Dr Soundarya V Y (30) was found hanging at her residence in Vasanth Nagar on Friday, with the police suspecting it to be a case of suicide. Soundarya, daughter of the BJP leader's second daughter Padmavathi, was married to Dr Neeraj S, who works in the same hospital where she is employed, in 2018, police said. On Friday morning, Neeraj left for duty at 8 am while she was at their Vasant Nagar residence.

The incident came to light at 10.30 am when their domestic help came to wake her up for breakfast. When she didn't open the door of her room, the help informed Dr Neeraj and others. The apartment staff arrived and saw her body hanging from the balcony and informed the police. The door was then opened by force, police said. Though she was rushed to the hospital immediately, the doctors declared her dead at arrival.

The body was shifted to the Bowring Hospital where the post-mortem was conducted.

According to family sources, the final rites will be carried out in the farm house of her husband Dr Neeraj. Meanwhile, High Ground police have lodged a case of unnatural death following the complaint by her husband Dr Neeraj. The police are awaiting the statements from the family of Soundarya on ascertaining what made her take the extreme step.

Soundarya had left her nine-month-old baby in the other room of the apartment, before committing suicide on Friday.

According to sources, Dr Soundarya conducted the naming ceremony for her baby three months ago. Police sources say that there are very less chances of family dispute and reason for the suicide is yet to be ascertained.

The domestic help and statements collected so far in the apartment said that the couple lived happily. The couple were staying at the apartment for two-and-a-half years.

Dr Soundarya worked at the Bowring hospital as an Assistant Professor and she was a practicing doctor. Her husband Dr Neeraj, a Radiologist, worked at M S Ramaiah hospital. Neeraj is the elder brother of Zilla Panchayat member Mariswamy.

A team of three doctors conducted the post-mortem, the report of which has been generated and submitted to the tahsildar. Dr Sathish, one of the doctors who conducted the autopsy, stated that there is a mark in the neck and no other mark has been found in the body. The body was handed over to the family after the autopsy.

> **"There are very less chances of family dispute. The reason for the suicide is yet to be ascertained**
>
> –Police

Soundarya, the daughter of Yediyurappa' daughter Padmavathi, got married to Dr Neeraj in 2018 and the couple studied in the same medical college in the city, sources said.

Health Minister to take stock

Union Health Minister Mansukh Mandaviya will hold a virtual review meeting with the health ministers of southern states and UTs over covid-19 situation.

The meeting has been convened to review the public health preparedness in the southern states.

Health ministers of Andhra Pradesh, Karnataka, Kerala, Telangana, Puducherry, Lakshadweep and Andmand Nicobar Island will participate in the meeting, said a source.

Mandaviya is expected to review the public health preparedness and containment measures taken by these states against the new Covid variant Omicron. Other senior state health officials are also expected to participate in the meeting.

More than 3 lakh active cases have been reported in Karnataka, Maharashtra and Kerala while over one lakh has been reported from Andhra Pradesh, Gujarat and Tamil Nadu, the Ministry added. — IANS

Delta dominates 3rd wave in State

The deadly delta strain that had wreaked havoc during the second wave continues to dominate in the third wave of covid in Karnataka, according to Karnataka Health Minister Dr K Sudhakar.

"Which strain is dominating the third wave in Karnataka? As per the 6,000 samples that were genome sequenced, Delta and it's sub lineages make up for 3/4th of the cases followed by Omicron," the minister tweeted on Friday.

The data shared by Dr Sudhakar shows that of the 6,000 samples used for genome sequencing during the ongoing third wave, 73.89 per cent were Delta and its sub-lineage, 18.59 were Omicron, 4.77 were ETA, Kappa and Pango, 2.6 were Alpha/B1.1.7 and 0.13 were Beta/B.1.351. Ever since the outbreak of covid-19 in 2020, the state has reported 36,92,496 infections and 38,754 deaths.

Withdraw night curfew: Real estate sector

Extending business hours can prevent overcrowding, says CREDAI prez

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The Confederation of Real Estate Developers Associations of India (CREDAI) Bengaluru has written to the government asking them to withdraw their night curfew.

The members pointed out with the number of lockdowns and curfews last year during the pandemic the real estate sector was hit hard. For a better livelihood of the employees and people, the government should continue economic activities, they opine.

Recently, the members met the Chief Secretary and submitted a memorandum. They stated that with or without testing, almost the entire population (80-90 per cent) has been infected. "The actual numbers infected is 1,000 times more than the recorded numbers. Positivity rate has lost its significance as the same is based on testing numbers and if we test the entire population, the positivity rate probably will be high. We need to re-look at restrictions, curfews or lockdowns in view of the dramatic changes in the third wave of covid-19," said CREDAI members in the letter.

The letter stated, "Night curfew has no significance because people coming in close contact at night is minimum. Only lounge bars or big gatherings may have to follow some basic protocol," the member said.

They added that the restrictions will only have negative impact as the same will only result in job losses and loss of income for people in the lower strata, especially in sectors like hospitality, construction etc. "Therefore, the government should not do anything that can affect the livelihood and the economy."

> **"Night and weekend curfews are killing businesses and lower-level jobs**
>
> –Bhaskar T Nagendrappa, CREDAI

CREDAI Bengaluru President Bhaskar T Nagendrappa, in the letter, said, "Night and weekend curfews are killing businesses and lower-level jobs. Instead of closing restaurants at 10pm, they should allow them to stay open late (say till 1 am) so that they are able to cater to the same number of customers with limited seating and physical distancing. Same is the case with shops, markets & malls. Crowding happens when we reduce the business hours and when the curfew is imposed. By extending the business hours, we can avoid overcrowding."

Public servants face lawbreakers' wrath

Four BBMP marshals, two policemen attacked on duty

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PIC FOR REPRESENTATION PURPOSE ONLY

BBMP marshals are appointed to monitor CAB across the city

Two incidents of public servants getting roughed up have been reported in the city.

Four BBMP marshals were allegedly attacked by three men after the trio was pulled up on not wearing masks.

Naveen P (26), a resident of Kodigehalli, in his complaint to the Bagaluru police stated that he and his colleagues -- Nagabhushan, Srinivas, and BB Singh -- were monitoring covid-appropriate behaviour when a car approaching on Ballari Main Road pulled over at Bagaluru Cross. The trio got down from the car, not wearing any masks. Naveen and Nagabhushan approached them and questioned them over flouting norms, against which they said they will not wear any masks and that they could do anything about it. Naveen demanded that they say their names so that fine challans could be raised against them. Then, the trio started hurling abuses at the marshals. Later, they started assaulting Naveen and Nagabhushan. The trio not only tore the uniform of marshals, but also snatched one of their POS machines and smashed it on the ground. The trio threatened the marshals of dire consequences and they fled in their car.

Naveen informed his supervisor CP Hiremath, who is the Junior Commissioned Officer and incharge of the Byatrayanapura and Yelahanka BBMP zones. Hiremath rushed to the spot and took the injured marshals to the Yelahanka Government Hospital after which they approached the Bagalur police and lodged a complaint. Based on their complaint, an FIR was registered immediately. However, before the police could act, the trio had approached local political leaders who not only helped them secure bail for non-bailable sections, but they were let away from the police station with stern warning.

> **When the policemen insisted they leave from the bar, the accused started assaulting them, tearing their uniforms**
> —Police

In another incident, a group of eight men were arrested and sent to jail after they allegedly attacked two policemen when they had gone to attend a distress call in JP Nagar recently.

Prime accused is Deepak R (32), a resident of Bilekahalli. The rest are Raghu (35), Srinivas (34), Ganesh (28), Vinay (33), Rajesh (39), Pradeep (33) and Yogesh (37), all residents of JP Nagar. All the eight were produced before a magistrate who remanded them in judicial custody.

In his complaint to the police, ASI Gangadharaiah of JP Nagar police station and his colleague Vittal, a head constable, were patrolling in JP Nagar 2nd phase on Tuesday evening. They received a call from the station, stating that a group of men were quarreling at a bar. The two officers rushed to the spot and asked the group to head back to their houses. Deepak and Raghu started hurling abuses at the cops and asked them to stop intervening. When the cops insisted they leave, the men started assaulting them, tearing their uniforms. The cops informed their higher-ups and asked for reinforcement. Soon after, a few more policemen arrived, the eight men were taken to the station and arrest formalities were made.

Tunnel boring machine Varada is at it again

Bengaluru Metro Rail Corporation's (BMRCL) tunnel boring machine (TBM)-3 Varada has been relaunched at Rashtriya Military School to tunnel towards Langford Town to develop the down line. This will be the final part of the 3.655-km package, RT-01, from South Ramp to Rashtriya Military School.

Operated by Afcons Infrastructure Limited, TBM Varada has been relaunched at the RMS shaft to tunnel towards Langford Town Station. This will be a 594-metre long parallel tunnel to the earlier tunnel. On March 12, 2021, TBM Varada was launched at RMS Shaft to develop the upline and the TBM made a breakthrough at Landford Town Station on November 11, 2021.

A few days back, TBM 2 Vamika made a breakthrough at Dairy Circle Metro Station. Last year, TBM 1 Rudra made a breakthrough at Dairy Circle Station.

BJP MLA abuses cops, Minister to look into it

An incident of Karnataka BJP MLA allegedly abusing and trying to assault beat constables on duty near legislatures' house, 'Shasakara Bhavana', has come to light in Bengaluru. Home Minister Araga Jnanendra said on Friday that the matter has come to his notice and the police department has been asked to look into the matter.

"I got to know that MLA M.P. Kumaraswamy was stopped by a constable while entering the Bhavana. I have asked the Police Commissioner to look into the issue. After getting information, the next action would be initiated. Presently, police officers have gone to meet the MLA to collect information," he said.

When asked about the MLA assaulting and abusing the policemen, Araga Jnanendra stated that everything would be looked into and action will be initiated," he said.

According to police sources, BJP MLA Kumaraswamy from Mudigere was in an inebriated state when he reached the legislatures' house near Vidhana Soudha at 11 p.m. and allegedly abused and tried to assault the beat police on night duty. Head Constable Narasimhamurthy and police constable Chandrashekar had to bear the wrath of the legislator.

When it became an issue, sources explained that jurisdictional DCP and ACP rushed to the spot. The senior officers pacified the legislator and sent him. No complaint has been registered so far in this connection.

5 robbers who posed as I-T sleuths held

The city police on Friday arrested five people who had allegedly robbed Rs 3.5 lakh and a pistol from a realtor's house, posing as Income Tax officials in Sanjay Nagar. One of the accused is a journalist.

The complainant, the realtor's son, said that after his father's demise a few days ago, he brought his father's pistol and other records from his office to home. Unknown miscreants entered the house on January 23, at 8.00 am, posing as Income Tax officials and told him they wanted to search the house. They made away with the cash and pistol.

Police started the investigation and arrested all the five accused. The pistol, a car and duplicate ID cards were recovered from the accused. The accused were aware of the business of the realtor. One of the accused is a broker and another is a sub-editor at a local newspaper.

— Prakash VL

Diploma carryover to all subjects

The carryover provision for the academic year of 2021-2022 for Diploma students ïn Karnataka has been declared as applicable to all the subjects, in view of th covid-19 pandemic, Dr C N Ashwath Narayan, Minister for Higher Education stated on Friday.

Saying that an order to this effect has been issued by the government, minister Ashwath Narayan added, "Earlier, there used to be the provision of carryover for a maximum of for subjects for Diploma courses in the State.

"But, considering the rapid surge in covid cases it has been extended to all the subjects for the current academic year," the minister added.

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

FIRE COUPLE

"A firebug couple in our garden. These are commonly seen on plants and under leaves. They can be found in tandem formation when mating."

The picture was clicked by reader **K Mohammed Ashref**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

OF BUMPY ROADS AND ROCKY RIDES

Bhuvaneshwari Nagar's 4th Cross Road has been in a state of disarray thanks to the incomplete asphalt work

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

During the rains, the road is almost impossible to traverse as vehicles and two-wheelers keep skidding

The residents of Bhuvaneshwari Nagar (Chikkallasandra ward) have been living in a state of chaos since last year. The area's 4th Cross Road had been dug up by the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities in January the previous year to start with asphalting work. After digging up the entire stretch of the road, the authorities had spread a mixture of jelly stones on the road.

However, that's when the problem starts. Following this, the authorities stopped their work and the process of asphalting was left incomplete.

Due to the abysmal condition of the road, the residents are facing innumerable inconveniences. Since the asphalting is not completed, the jelly stones move whenever any vehicle passes through it, causing a lot of unwanted noise.

The substantial amount of dust generated is another problem that residents face. They residents say that it has become extremely difficult to keep their windows open at any point of time due to the dust that enters their house.

Prashanth Urs, consultant and a resident of the area said, "The jelly stones on the road makes it extremely difficult for us to take our vehicles through the road as the parts of our car and bikes are affected heavily."

Nikhil M, an IT professional who is also living in the area, said: "During rainy season, the condition of the road becomes even worse. The stones stick together, and craters and bumps are formed in the road. While travelling on this road, my bike skidded so many times."

The residents have tried reaching out to BBMP regarding this issue. However, all their efforts have gone to vain as none of the officials showed up nor did they make any effort to complete the asphalting work.

DID YOU KNOW?

Lalbagh Glass House is a giant palace-like glass and iron structure, inspired by Crystal Palace in London's Hyde Park. Lalbagh Glass House was built in 1989 and renovated in 2004 and remains the primary attraction for visitors of Lalbagh. It is one of Bengaluru's major attractions. Exhibits like the Snow White and the Seven Dwarfs, a topiary park, an expansive lake, a beautiful glasshouse adorns the park giving it a surrealistic atmosphere. A watchtower perched on top of a 3000-million-year-old rocky outcrop (which is a National Geological Monument), built by Kempegowda, the founder of Bengaluru, also adorns the picturesque garden. **(https://www.karnatakatourism.org/)**

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

With the first month of 2022 dragging to an end, how have you fared in keeping up with resolutions?

Yashwanth HM
Final-year commerce student
I have been an ambitious person right from my childhood. This has made me very competitive and visionary in my day-to-day life. Hence, I have always been persistent in keeping up my resolutions and aspirations.

Pooja Panchal K
Second-year journalism student
I promise myself every year to work out every day or eat healthy but I can't keep up with it. Maybe, for a few days or weeks I can go with the enthusiasm but later I can't.

Chandan HC
Final-year engineering student
Through this pandemic it was really difficult to meet with my own resolution and aspiration. There were a lot of ups and downs. One thing I have learned when things don't go according to plan is to not become too depressed and try next time.

Deeptha M
Software professional
In the ever-growing uncertain times, physical and mental health are the call of the hour. My goal is to stop over thinking and allow all that is and all that has to come! Meditation and some self-time have been a great catalyst so far.

Chetan Singh
BM reader
Not making a resolution and enjoying the simple joys of life is the best resolution. It also helps in keeping up with your aspirations in professional and personal life.

SPEAK TO US

How do you take a break from pandemic burnout? Tell us your de-stressing mantras

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

In Mysuru, a wake-up call to SSLC students

Teachers are now adopting students to mentor them individually — they even wake the kids up at 5 am

| Prakash VL
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SSLC exams are considered a turning point in a student's career and Mysuru schools are going the extra mile to help their students excel in the exams. Schools in the heritage city have come up with a Pancha Sutra. From giving wake up calls to students at 5 am to monitoring their homework, teachers are now adopting students so that the students can clear the exams in flying colours.

To begin with, the Mysuru South Zone has formulated this 'Pancha Sutra' to improve SSLC results. This is to empower students to score good marks and clear the exams. As part of this 'Pancha Sutra', the education department has come up with a 'Prerana' plan. This is to build confidence among the students who fear failing in the exams.

This is a unique experiment done in the South Zone of Mysuru district. As per this plan, there will be subject-wise workshops for the teachers by experts, regular parents' meeting to assess the students' learning curve at homes, formation of four teams to assess the learning level of the students and finally, teachers 'adopting' each student to ensure that s/he excels in exams.

The responsibility of teachers adopting students will be such that they need to take care of students as their own children and teach them with full commitment. Such teachers will regularly monitor the learning curve of the students and then make corrective steps if necessary. Each teacher had been encouraged to adopt five to six children and guide them to sail through the examinations. And the adoption responsibility starts at 5 am.

Every morning, the guardian teacher has to give a wakeup call at 5 am. Then, after a few minutes of pep talk, the teachers will draw out the time table and ask the students to start studying. Then, this is followed up with teachers being in regular touch with parents and guiding them to ensure their wards are studying well.

Prerana exam

To prepare for the final exam, teachers are encouraging students they adopted to take up subject-wise tests for 20 marks. As of now, around 1,500 students in Mysuru will be writing this exam.

Initially, the exam is conducted as an open book model. There will be two Prerana examinations every fortnight. This will be followed by another examination for 40 marks. Such examinations are scheduled for January 27-30 this year.

Apart from the adoption model, there is also a monitoring model to check if the teachers and students are working as a team or not

Four teams

Apart from the adoption model, there is also a monitoring model to check if the teachers and students are working as a team or not. Around four teams have been constituted in Mysuru South Zone for improving learning among the students and to know about the teaching method of the teachers. There will be separate teams for the Block Education Officers, Block Resource Centres and others. Each team will visit the school and verify the student's learning capabilities and verify whether the syllabus is completed, parents meeting is held, etc, and also resolve the issues if any. There will be subject-wise workshops for all the South Zone teachers.

The expert teachers will guide how to improve learning among the students; what techniques to follow. This will benefit new teachers. In Mysuru, South Zone there are 4,705 students in SSLC and out of them 2,453 are boys and rest are girls. There are nine government, 26 aided and 44 un-aided schools part of this 'Prerana' programme.

What's new at BBP? 2 Gaur calves

The Bannerghatta Biological Park welcomed two Gaur calves recently. Indian Bison/ Gaur are the largest member of the cattle family, distributed across South and South East Asia occurring in India, Nepal, Bhutan, Bangladesh, Myanmar, Thailand, China, Laos, Cambodia, Vietnam and Malaysia.

They are largely confined to evergreen, semi-evergreen, and moist deciduous forest but are also found in the dry deciduous and thorny forest. Habitat fragmentation and poaching have reduced Gaur numbers to approximately 6,000 – 21,000 in the wild.

To protect this species from extinction they are listed under "Schedule I" of Wildlife Protection Act, 1972 in India and listed "Vulnerable" by IUCN Redlist globally. In captivity, zoos play a major role in Ex-situ Conservation by breeding gaurs under conservation breeding program and enhancing their number.

Currently, 10 Gaurs are housed in a semi-captive condition within an extent of 68 ha in the Herbivore safari along with other herbivores such as deer and antelopes. **BMB**

RAJMOHAN SUDHAKAR

EVER CHANGING MOODS

Write to him at c-rajmohan.sudhakar@timesgroup.com

Why media shouldn't crumble

Recently, a 'veteran' TV journalist was brought in to hold fort in the studios after the sudden tragic demise of the sitting defence services chief General Bipin Rawat in a chopper crash in Tamil Nadu. The seemingly intoxicated TV journo not only forgot the name of the late military chief but even addressed him as 'the journalist', 'VP Singh' and 'VK Singh', in what could only be described as drunken debauchery on live news television — the chap even went on to justify what he did, in retrospect.

This episode pretty much sums up the standards of broadcast news media in India.

The role traditional media is playing, especially the broadcast TV news networks, to cover up the excesses of political regimes the world over is downright embarrassing, if not criminal. While burying news stories that otherwise shall have a profound bearing on the natural socio-political direction, broadcast media personnel stoop to lower depths each passing day.

Political parties, especially the largest and richest political party, while pumping money to these networks, are well aware of this gaping hole in public discourse and ride the wave in sheer arrogance, until they can. India, at the moment, appears to be a textbook case in point. At times, the complicity makes one think who's the bigger culprit - the politicos or subservient media? The TV networks are, no doubt.

This unholy camaraderie has to stop. And stop, it shall. At least, from the feeble but gradually emerging signals that escape the veiled media censorship reveal much about the factual state of affairs on the ground.

For instance, job aspirants in UP and Bihar were protesting on railway tracks, blocking rail services and setting fire to empty coaches on Republic Day; they were 'shortchanged', they say, by the railway recruitment board. The youths alleged they are being deprived of job opportunities at one of the country's biggest public sector employers, pointing to a 'flawed recruitment system' that showed discrepancies in the results of preliminary exams.

This is proof of brewing anger among the youth supporters of the BJP about rising unemployment and police heavy-handedness on protestors — Bihar being the state with highest unemployment rate in the country.

Even after being pummelled by the fallout of the pandemic and forced into submission, why is it always late when realisation dawns? Perhaps, that is the natural course of things you may say. I say it is sheer perception management that keeps reality away from the citizens, as long as it takes, for political dividends. Now, there is an expiry date for perception management too, you see.

On a lighter note, advancements in tech allow us glimpses of real politicians once in a while. "What a stupid son of a *itch?" retorted president Joe Biden to a question from a Fox News reporter on rising inflation in that country. Biden assumed the microphone was turned off after the presser while it wasn't. Similarly, UP chief minister Yogi Adityanath was seen blurting out an expletive at a camera operator when the equipment malfunctioned.

The reality is always out there for one to decipher, but one needs to look deeper and harder these days as a subservient media isn't helping. In the run up to the 2014 general elections, as Anna Hazare and many fledgling politicos, including a sitting CM, backed by the supporters of the current dispensation at the Centre, were rallying against corruption the media was all for checks and balances in governance back then.

It is as curiously intriguing that Hazare is nowhere in the picture today as questions are never put to the incumbent government at the Centre by the media as it was the case back in 2014. Neither have we seen a proper presser from the PMO in the past seven years.

Did you know on this Republic Day, 40 personalities in Karnataka — environmentalists, scientists, writers, artists, journalists, educationists, social scientists, scholars and historians, economists, bureaucrats and so forth, wrote an open letter to the CM raising concern about the deteriorating social milieu — the festering atmosphere of hate that we comfortably choose to ignore? A report pointed to at least 71 instances of communal violence in the state in 2021. The worrying aspect is Bengaluru stands to lose if this trend is to continue and the administration fails to rein in the vile tendencies. It is truly encouraging that the CM has taken cognisance of the letter, at the least. Part of the letter read: "Karnataka's reputation as a business destination is bound to be impacted negatively as all types of economic activity depend upon an atmosphere of social peace and harmony."

Now, at this definitive crossroads, it is up to the citizenry and elected representatives to chart the future course of this vibrant metropolis.

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personal

CHANGE OF NAME

I Vishwanath Hebri Nagaraj Prabhu S/o Nagaraj Prabhu Hebri R/o # 75, T-301, 3rd Flr, Srinivasa Enclave, 3rd Cross, 3rd Main, Gauravnagar, J P Nagar 7th Phase, B'luru-560078 have changed my name to Vishwanath Nagaraj Prabhu .

I, Kalavathi R/o No 44 7th Main Road Vasanthnagara Bangalore have changed my minor son's name from Mohammed Sami to Sanish

I, SIDHAARTH N alias SIDHAARTH NARAYANAN, S/o Narayanan Rajagopalan and resident at No.7 Sankey Apartments, 191, 2nd Main, Sadashivnagar, Bengaluru 560080, Karnataka, have changed my name as SIDHARTH NARAYAN, vide affidavit dated 27.01.2022 sworn before notary O.S. Chengappa, Bengaluru.

I, Kalavathi R/o No 44 7th Main Road Vasanth Nagara Bangalore have changed my minor son's name from Mohammed Thameem to Naksh for all purposes.

I Vagu A S/o Amru R/o kanagalasara. Umblebyle(p). shivamogga(D) have changed my name to Vagesh A via Notary by K P Gadilingappa.

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HEALTH TIP: Tuna contains high amounts of vitamin B12, especially in the muscles right under the skin, which are known as dark muscles

Compared with raw mustard greens, one cup (140 gm) of cooked mustard greens has much higher levels of vitamin A, K and copper

BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I'm a 27-year-old man. The head of my penis is dry and rough. Which cream can I use to treat the dryness, and make the penis glow?
Apply Betnovate-N cream twice a day over the penis head and around it. We do not practice cosmetic treatment for the genital area. However, the cream suggested may help.

2 I am 64 and my wife is 59. We both are healthy and do not take any medication. My wife's vagina is dry and she does not allow me to do foreplay. She also does not use any cream or jelly. She also does not have sex with me, as intercourse causes her a lot of pain. At times, she allows me to rub my penis between her buttocks. Of late, I have not been getting sleep, and I wake up late at night with an erection. Since my wife does not feel like having sex, I have to wait for a while for the erection to subside. Is it okay to rub my penis between my wife's buttocks and is it normal to get an erection at night? Also, is it okay if I masturbate in my undergarments. If I do that, I don't need to take a sleeping tablet. Please advice.
It is not clear why your wife is objecting to the application of a local anaesthetic cream such as Lox 2%(acts after 15 minutes). It will help free her from any pain in or around the vagina. It is normal at times to get erections at night, and there is no harm in rubbing your penis between her buttocks.

MEET THE SEXPERTS
Use this QR code to send your questions to us

Rise and shine

Psychologist explains how you can make sure you have a good day from the moment you wake up

The key to having a good day starts the moment you wake up, experts say. But can you really learn to embrace your inner early bird? Psychologist Kate Oliver explains how to do it

Are you a morning person?
If you're shaking your head, don't panic. Because that's about to change. The truth is, the power to have a really good day lies in your hands. And it starts the moment you wake up.

How you begin your morning sets the tone for the rest of your day. The secret? To rise and SHINE - Silence, Happiness, Intention, Nourishment, Exercise. Take just a few minutes for each of these things each morning and your day will go from mediocre to magic.

S is for? SILENCE
Once you get into the day, there are many things clamouring for your attention. Bringing moments of stillness into the morning helps centre and calm you for the day ahead.

How to shine: Breathe deep
By breathing deeply and slowly, you bring clarity and focus, refreshing and relaxing your mind and body.

Take a soft, slow, gentle, deep breath in through your nose. Pause briefly, then breathe out again, slowly and gently.

Imagine your breath smoothly inflating and deflating a big balloon as you softly breathe in and out.

H is for? HAPPINESS
Your morning mood sets the tone for the day. If you begin feeling positive and uplifted, you can cope with any challenges.

How to shine: Smile
Your body releases "happy" chemicals - neurotransmitters such as endorphins - when you smile. It doesn't matter whether your smile is real or not. The body responds as if it is.

Start each day with a smile.
Keep smiling until it moves from a physical facial gesture to a warm feeling inside you.

Keep something that makes you smile by your bed and look at it as soon as you wake up. Choose a photo of a loved one, a beautiful bloom or a special gift.

I is for? INTENTION
When we don't know what we want to achieve, it's easy to get distracted, lose focus and end up feeling demoralised. This is why it is important that you set your intentions, so you create your day rather than letting it create you.

How to shine: The to-be list
The way you are being (not just what you are doing) has a big impact on the success of your day. If you rush, and get distracted, it's unlikely to deliver great results.

Ask yourself, "How do I want and need to be in order to succeed in achieving my goals today?" Write down all the positive qualities you will need - this is your to-be list.

N is for? NOURISHMENT
What you choose to feed both your body and mind when you wake up has a huge impact on the rest of your day. A healthy and nourishing morning will reinvigorate you for the day ahead.

How to shine: A better breakfast
Breakfast is important - when you eat, what you eat and how you eat it. What you put into your body has a big impact on how well you function and how good you feel.

Variety is the spice of life.
Make your breakfast interesting by regularly trying something new. ? Take time to sit down and enjoy the process of eating. Try not to rush or eat on the go.

Eis for? EXERCISE
Our lives are increasingly sedentary, and we need to get moving to wake ourselves up and create vitality for the day ahead. Building physical activity into your morning routine helps you wake up and gets things moving.

How to shine: Shake it off
Research shows the act of shaking deliberately appears to hack the body's natural reflexes, helping you loosen up and let go of stress.

Start by gently shaking your hands, then your wrists, forearms, elbows, upper arms - all the way up to your shoulders.

Next raise one foot and shake it, then your ankle, calf, knee, thigh - all the way up to your hip. Repeat on the other side.

End with a whole body shake. Really go for it - arms, legs, bum, hips and head, any way that feels good to you.

—Daily Mirror

MIRRORLIGHTS

When is chemotherapy most effective? Research suggests, it varies with time of day

Brain tumours are among the trickiest to treat as the blood-brain barrier keeps foreign substances like germs and toxins from entering the brain. By shielding the brain from things that would harm it, the blood-brain barrier also blocks the chemotherapy that would help it. Now, William Walker, a researcher with the West Virginia University School of Medicine has investigated whether the blood-brain barrier is more likely to admit chemotherapy drugs at different times of day. His findings appeared in 'Frontiers in Oncology.'

His study showed that the blood-brain barrier is dynamic rather than static and suggested that properly timed chemotherapy

treatments could better reach the tumors they're targeting.

"We are not the first ones to show that chrono-chemotherapy is beneficial, but we're the first to show that it's beneficial in the treatment of brain metastasis," said Walker, a postdoctoral fellow in the Department of Neuroscience.

Walker and his colleagues delivered chemotherapy into mice that had breast cancer, which had travelled to the brain.

Some of the mice received the treatments in daylight conditions, when mice--being nocturnal--are typically at rest. The other animals received them in the dark, a setting that more closely resembles the mice's active period.

The researchers found that the chemotherapy they administered during the dark phase killed more brain tumor cells than the ones given in the light phase.

Dark-phase chemotherapy treatments also did a better job of delaying neurological symptoms, like strange walking patterns and loss of muscle control. They also increased the median survival rate by about 20 per cent. **ANI**

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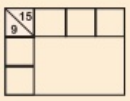
SOLVE IT IN A MINUTE

4+4÷2(4÷2(4÷2))+2 = ?

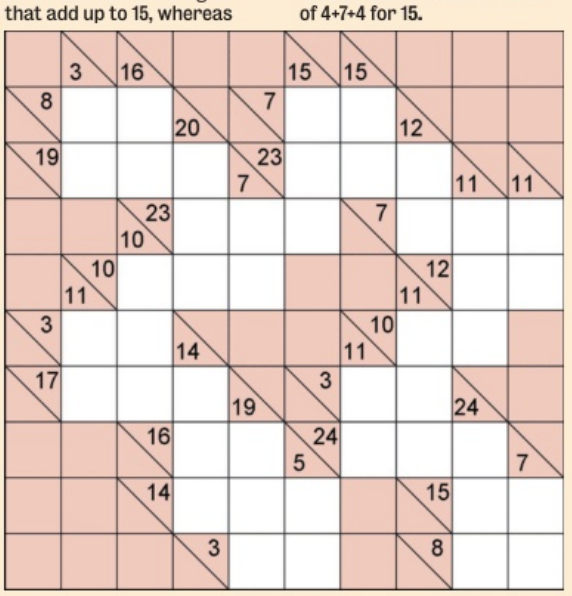
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

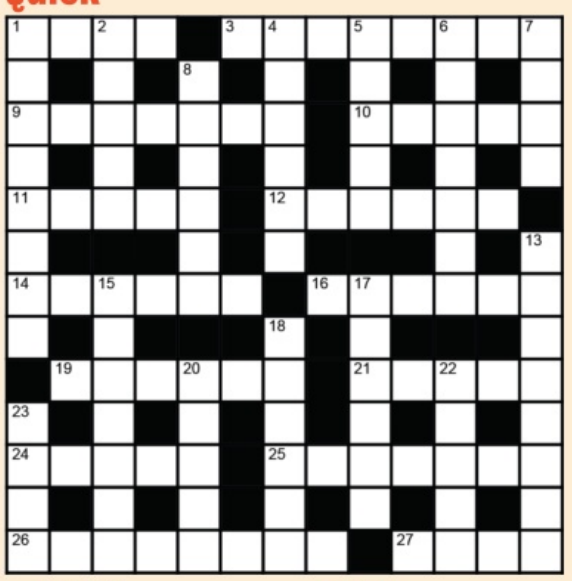


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Vaulter's aid (4)
3 Brought in (8)
9 Entangle (7)
10 Quick and energetic (5)
11 Make into law (5)
12 Property available to settle debts (6)
14 Unanimously (2,1,3)
16 Predatory fishes (6)
19 Earlier, having happened before (6)
21 Contradict (5)
24 Jargon (5)
25 An Italian wine (7)
26 Cast out spirits (8)
27 Catch sight of (4)

DOWN

1 Makes a gift (8)
2 Tripoli is its capital (5)
4 Cuisine which is a fusion of Kodava and Mangalorean (6)
5 Drains slowly (5)
6 Betting adviser (7)
7 Indian oil lamp (4)
8 Merchant of Venice lawyer (6)
13 Acrimony (8)
15 Pear-shaped fruit (7)
17 Tiny Tolkien character (6)
18 Practical jokes (6)
20 Wizardry (5)
22 Joining pieces (5)
23 Insular land (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS I

FKP NQBF ANHQUFLRF FKARJ AR EQNNWRAELFAQR AB FQ KPLU OKLF ABR'F VPARJ BLAS.

Linemaro

I'm a photographer and I have never seen anyone more photogenic than you

Mindchow

The most pleasant and useful persons are those who leave some of the problems of the universe for God to worry about

Joke of the day

Confucius says: Man who drop watch in toilet have shitty time

Loop

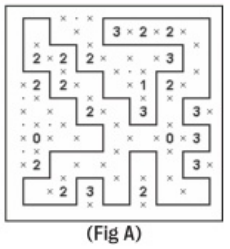
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

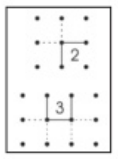
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

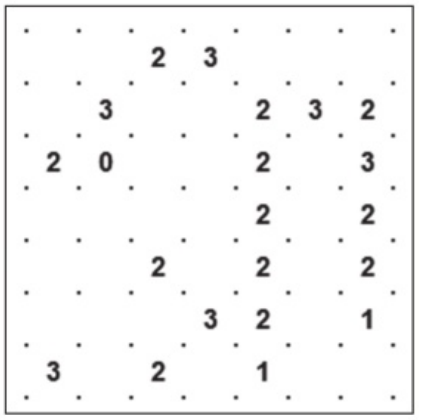
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



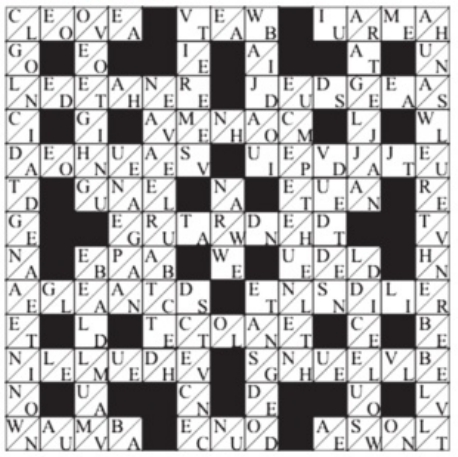
(Fig A)



(Fig B) Not Allowed



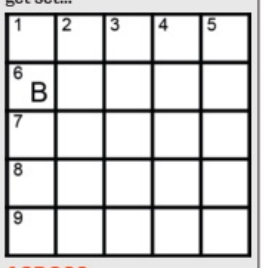
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 A plum; 6 Boner; 7 Blear; 8 Hi tec; 9 So Hug

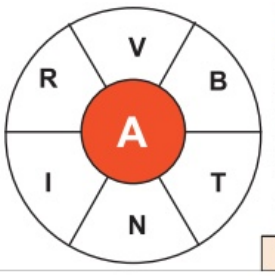
DOWN

1 Babes; 2 Mo lot; 3 Rah up; 4 Ruing; 5 Cheel

Mensapuzzle

Which letter replaces the question mark and completes the puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; 08 Good; 10 Outstanding

SudokuChallenge

8			3		1		6	
	4	6			7			
		7						3
9			5				7	
		3	6		8	4		
	6				9			5
6						2		
			9			1	4	
	7		8		6			9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

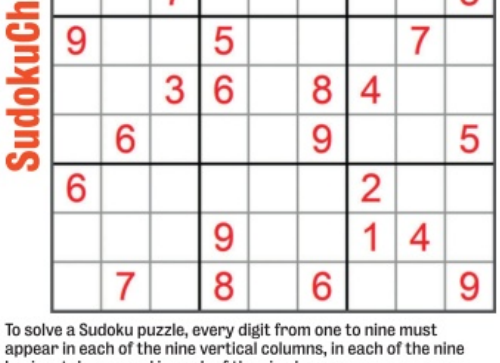
Easy = 1
3 5 5 6

Medium = 1
2 2 4 5

Hard = 11
3 5 7 5

Hocusfocus

Find at least six differences in details between panels.



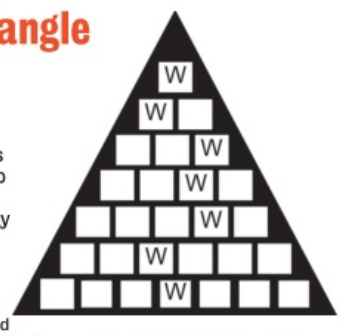
Differences: 1. Foot is moved. 2. Mailbox is different. 3. Doormat is added. 4. House is smaller. 5. Golf bag is longer. 6. Hat is moved.

Riddler

From a well with neither rope nor pail, it's drawn into the light. At the tip but not the top, the wielder's thought takes flight, Sometimes hidden in the hide, and is an artist's feat. Sometimes it covers light with dark, the stain upon the sheet. What is it?

Alpha triangle

1 Compass point
2 Wife of, abbr.
3 Boar's mate
4 Uses oars
5 Sterns' opposites
6 Wagner's 'Hart to Hart co-star'
7 Exceptional ability



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

HERMAN'S FAT PANTS: THE DAY AFTER THANKSGIVING
ALL RIGHT! ALL RIGHT! I'M SORRY!
I SHOULDN'T HAVE HAD THAT FIFTH PIECE OF PIE
MY SEAMS WILL NEVER BE THE SAME!
www.creators.com

Hart of the city

LET'S ADD MORE PEOPLE FOR OUR SECRET SANTA. GOT ANY WILD CARDS TO THROW IN THE MIX?
BRENT!
LEE!
RIPLEY!
CHARLOTTE! YOUR DOG CAN'T GIVE A GIFT!
IT'S OKAY, GIRL, I'LL STILL GET YOU SOMETHING.
ARF!

Crankshaft

LILLIAN SAID THAT SHE'D MAKE HER CRANBERRY RELISH.
I'LL JUST PICK UP A COUPLE OF CANS OF CRANBERRY SAUCE ANYWAY.
IT NEVER HURTS TO HAVE A BACKUP PLAN.
11-23

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon, which may make you happy. Last week's crunch is over now. With the help of blessings, you may receive reciprocation for your hard work. With the help of your colleagues, you may be able to initiate postponed works. Some gains in your business may boost your financial status.

Taurus Apr 21 – May 20
Today, you may feel dull. You may have some health issues. You are advised to postpone investing in business. Do not start a new venture. You are likely to face losses in the business. Your gains may convert to losses.

Gemini May 21 – Jun 21
Today, you may be enthusiastic. This may speed up your project. You may be able to make quick decisions which will boost your business. You may be innovative in a partnership. Avoid investing in fixed assets with your business partner.

Cancer Jun 22 – July 23
Today, you are blessed by the positive moon. You may feel healthy and old health issues may get cured now. Money, which was stuck, may get recovered now. You may also apply for a loan to buy luxurious things.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon. This may give you confidence. You may be able to make important decision confidently. You are decisive, so you may grab the opportunity without a second thought. You will also plan for higher studies. You may meet intellectual people and exchange views with them.

Virgo Aug 24 – Sep 23
Today, you may be able to complete a difficult task very easily. This may boost your confidence. Past investments may pay off with good gains. Avoid arguments on worthless topics, it may waste your precious time. You are also advised to control spending on worthless stuff.

Libra Sep 24 – Oct 22
Today, you may feel energetic. You may perform efficiently at work and your hard work may pay off. This may boost your confidence. Property-related disputes with siblings may get resolved now. A meeting with an influential person may boost your network. You may also expect to go on some short trips.

Scorpio Oct 23 – Nov 22
Today, you are blessed by the moon, which may make you happy. You are likely to receive a big order with the help of your communication skills. You are polite to the people around you, which may boost your respect in society. You may make some difficult decisions for your business with the help of your colleagues.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon. It is a good day for you. You are enjoying good vitality and you may enjoy at work. You may enjoy romantic moments with your spouse, which may improve domestic harmony. You are likely to make new plans to start some new project. You desire to achieve perfection may help you to design a flow chart. Job seekers will find a suitable job. Love birds are advised to avoid discussions on worthless topics.

Capricorn Dec 23 – Jan 20
Today, you may not feel good and old health issues may arise again, which may make you upset. You may make some wrong decisions due to impatience in a hurry. It is advised to think twice before making any decisions. Be careful about saving your money otherwise you may spend it on worthless stuff.

Aquarius Jan 21 – Feb 19
Today, you are blessed by the moon, which may make you happy. You may receive good gains from past investments. You may be able to make quick decisions in terms of work. This may offer good gains in the near future.

Pisces Feb 20 – Mar 20
Today, you may be busy at work. With the help of your strong network, you may be able to implement your plans successfully. Your wisdom may help you to gain profits from past investments. You may enjoy romantic moments with your spouse, which will boost harmony in your domestic life. Lovebirds may enjoy happy moments.

KIDZONE

Navya A, 7 Years, Venkat International School

Aniketh S, 6 Years, Air Force School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
4+4÷2(2(2))÷2
4+4÷2(4)÷2
4+8÷2
4÷4
8

RIDDLER
Ink

BULL'S EYE
barn, brat, brain, rant, train, vain, VIBRANT

FAST FIVE

A	M	P	U	L
B	O	R	N	E
B	L	A	R	E
E	T	H	I	C
S	O	U	G	H

STRIKE OUT

C	O	V	E	T	A	B	I	R	M	A				
O	O	I	I	A	N									
N	E	T	H	E	R	J	U	D	G	E	S			
C	I	V	E	N	O	M	L	W						
A	E	N	E	A	S	U	P	D	A	T	E			
T	G	A	L	A	T	U	N	R						
E	G	U	A	R	D	E	D	T						
A	N	B	A	A	E	E	L	H						
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T	D	E	C	L	A	T	E	B						
O	A	N	E											
I	L	L	U	D	E	S	H	E	L	V	E			
N	U	M	B	E	N	D	A	W	O	L				

QUICK

E	X	O	R	C	I	S	E	E	S	P				
L		D		I		K		T		K				
S	L	A	N	G		C	H	I	A	N	T	I		
I		C		A		I		B		I		T	E	R
F	O	R	M	E	R		B	E	L	I	E			
S		V		O		T		O			P			
T	O	A	M	A	N		S	H	A	R	K	S		
N		I		D				E			A			
E	N	A	C	T		A	S	S	E	T	S			
S		R		N		E		S		A				
E	M	B	R	O	I	L		Z	I	P	P	Y		
R		I		P		A		O		I		I		
P	O	L	E		I	M	P	O	R	T	E	D		

QUOTE UNCODE
The most important thing in communication is to hear what isn't being said.

MENSA PUZZLE
V. As you move down the diagram, letters move through the alphabet in steps of 4.

SUDOKU

8	2	5	3	9	1	7	6	4
3	4	6	2	8	7	9	5	1
1	9	7	4	6	5	8	2	3
9	1	4	5	3	2	6	7	8
7	5	3	6	1	8	4	9	2
2	6	8	7	4	9	3	1	5
6	3	9	1	5	4	2	8	7
5	8	2	9	7	3	1	4	6
4	7	1	8	2	6	5	3	9

ALPHA TRIANGLE
W, WO, SOw, ROWS, PROWS, POWERS, PROWESS.

LOOP

GO FIGURE
Easy
5 – 3 + 5 – 6 = 1
Medium
2 x 4 – 2 – 5 = 1
Hard
3 x 7 – 5 – 5 = 11

KAKURO

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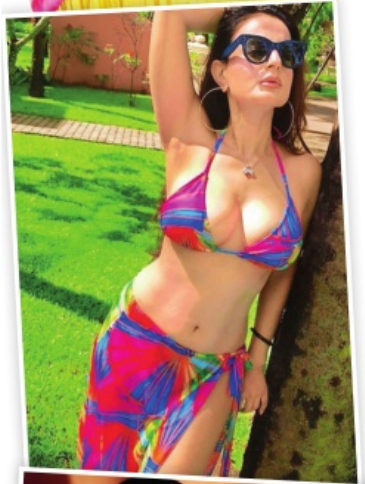
No catfight here

Did you think there was bad blood between these actors? That's just gossip, there's no enmity between these ladies



Actor Ameesha Patel started her Bollywood journey with 'Kaho Naa Pyaar Hai' co-starring Hrithik Roshan in 2000. While her debut was a big hit, reportedly it was Kareena Kapoor Khan who was first in talks for the film. While it clearly didn't work out with Bebo, Ameesha was roped in and the rest is history. Since then, reports of their alleged feud have surfaced in the media from time to time.

Ameesha recently opened up about her bond with Kareena. Talking to Pinkvilla, she said she has no enemies. Praising Kareena for her performances, she asserted that she has nothing against her and went on to reveal how she tells her closest friend about Bebo's 'brilliant job'.

Recalling how she was asked by the media to refute alleged negative things spoken by Kareena about her, she revealed that she never commented on it. She further said that she will only speak positive things about the '3 Idiots' actress because she doesn't know her enough to talk against her. "All I know is her work and what I see of her, I think is great. If she has certain opinions about me, it's fine, let her be entitled to them and I don't even know whether she even said it or the media escalated it," she added. Ameesha shares a good bond with Kareena's father Randhir. She went on to claim that whenever Ameesha and Kareena see each other publicly, they are quite cordial.

Raveena-Shilpa

Raveena Tandon, one of the top actors of the 90s, had to hear a lot of rumours about her alleged rivalries with her contemporaries like Kajol, Karisma Kapoor and Shilpa Shetty. In an interview, Raveena rubbished all such rumours. She said, she has been friends with Shilpa from day one and they have done films together. It has been the same with Kajol too. Raveena added that though she doesn't have any sour relationship with Shilpa, Kajol and Karisma, a few actors were a part of dirty gossip, which she has stayed away from.

—ETimes

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Shivanna in a Pan-India movie

The trend started by Bahubali and KGF of Pan-India movies for south superstars was consolidated by Pushpa. Now Kannada directors are confidently expanding their horizons. Like most South Stars. Shivarajkumar too will join the bandwagon in a big way.

Shivarajkumar agreed to work with the director R Jai who earlier directed Buddivanta-2. This movie is set in the 1970s narrated in a retro style. It is a story based on rowdyism in Bengaluru at the time. The movie is said to be inspired from fact.

The film is shot on the sets in Minerva mills, HMT, and in Ramoji film city. The director said high octane fights can be expected from the movie. R Keshav is producing the film. They are releasing the title and first look of the movie in February. Shivarajkumar is now busy shooting for 'Veda'.

Bahubali and KGF from the South were the first to break cultural barriers. The stories told are universal and Prabhas and Yash became national sensations and their market grew at par with Bollywood superstars. These two movies proved that South movies too can entertain North Indian audiences.

After KGF, Rakshit Shetty continued the trend by releasing his Avane Srimannarayana in all the languages. Upendra and R Chandru are trying their mettle with their Kabzaa. This movie may expand Upendra's market as even earlier his films roused curiousity across India.

—Prakash VL

Vikrant, Sanya, Bobby's Love Hostel takes digital route

Vikrant Massey, Sanya Malhotra and Bobby Deol are all set to be seen in 'Love Hostel' which is produced by Shah Rukh Khan's production house. It is being reported that the film will be taking the digital route for the release. The film is said to premiere in the month of February.

According to the latest report, the makers have taken the decision to ensure that the film reaches the target audience in the best possible way.

A source close to Pinkvilla said that the box office is still recovering due to the pandemic and 'Love Hostel' is a content-driven film. Because of this, the makers have decided to release the film on OTT. The source further added that the team is confident of their product and they are expecting good returns just like Abhishek Bachchan's 'Bob Biswas'.

Reports also suggest that Bobby will be seen playing an antagonist in the film. The team started shooting for the film in February last year and wrapped up in July. It is directed by Shanker Raman. The official announcement on the film's release date is yet to be made.

Meanwhile, fans are waiting to watch SRK in 'Pathan' with Deepika Padukone and John Abraham.

Knot's tied, it's time to party with friends

Mouni Roy tied the knot with a Dubai-based businessman Suraj Nambiar in Goa on January 27 with their family and close friends in attendance.

After pictures from their traditional wedding ceremonies, we have now got our hands on a new picture where the new bride is seen partying it out with her friends in Goa.

Vanessa Walia took to her Instagram story to share some fun pictures from what looked like the after party. In one of the pictures, she is seen striking a pose with Mouni who looked dazzling as ever in a green satin outfit. Her sindoor and mehendi complemented her overall gorgeous look.

Mouni and Suraj honoured both Malayali and Bengali customs by having two ceremonies at their wedding. While the Malayali ceremony took place in the morning, the Bengali one took place in the evening. Pictures from their dreamy wedding have been doing the rounds on social media. Mouni and Suraj have been dating for a while but they never came out in open about it. On the work front, Mouni is awaiting the release of 'Brahmastra' where she will be seen sharing the screen space with Alia Bhatt and Ranbir Kapoor for the first time. The fantasy drama will also feature Amitabh Bachchan and Nagarjuna Akkineni in key roles.

—ETimes